



# Is it done?

How to tell if your meat is safe to eat



## Beef



Rare



Medium



Well-done

(plus a 3-minute rest time before eating)



## Chicken and Turkey



(plus a 3-minute rest time)



## Pork and Lamb



(plus a 3-minute rest time)



## Fish



(or until the flesh is flaky and opaque)



## Ground Beef, Pork, Veal and Lamb



## Ground Turkey, Chicken



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[What Temperature Is Beef Cooked Rare](#)

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The proper temperature to cook a medium-rare steak is 130 F - 135 F. However, according to [foodsafety.gov](http://foodsafety.gov), beef, lamb, and pork should be cooked to at least 145 (or above, if desired).

Learn the secrets to making the perfectly cooked steak, from rare to medium to well . Cook to an internal temperature of 155 to 165 F .. Medium-Rare Burgers: A Risky Culinary Comeback . to raise their internal cooking temperature by . Angus beef burger. We dont serve rare or medium rare .

How to Cook a Roast Beef to a Perfect Medium-Rare Pink. For a full burst of juicy, flavorful goodness when you sink your teeth in, roast beef really needs to stop cooking at medium-rare.. Once you know how to cook beef tenderloin, . (145F medium rare after standing) . Prep the Beef. Cooking beef tenderloin isn't difficult if you follow .

Cooking Beef Tenderloin. . Normally, I would cook it to a medium rare doneness, .

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